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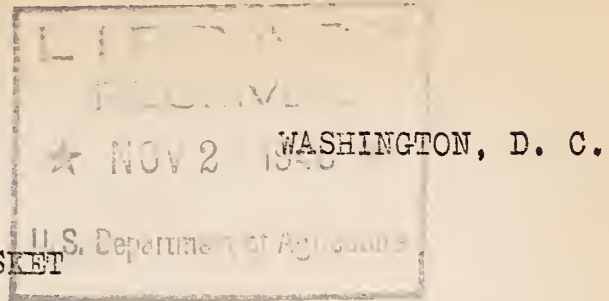


# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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RELEASE FOR PUBLICATION :  
NOVEMBER 6, 1940 :  
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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FOOD FACTS AND FADS

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Every American takes personal pride in the wonders of modern science. Yet there are few Americans who have not innocently passed on a bit of superstition or folk lore that contradicts true scientific principles.

Fads and legends about food are especially popular, explains Dr. Helen S. Mitchell, research professor in nutrition at Massachusetts State College and Experiment Station, now working on the nutrition program as part of national defense.

To quote Doctor Mitchell, "We're interested in what we eat. We worry about possible illness. We would like to believe that there was some particular food or some special diet that would give us a magic key to health and happiness. And we grasp at many a food fad.

"While these fads have served to make us diet conscious, they are not reliable guides to well-balanced meals. A fundamental knowledge of nutrition is our best protection against false ideas about food," Doctor Mitchell points out.

"A little knowledge may be a dangerous thing--when it's twisted around to back up extravagant claims for a certain food, a special diet, or a 'nutritive' preparation. Only too often scientific words are used to cover false or partly false ideas.



"The science of nutrition has made rapid strides in the last 25 years or so. Ours is the first generation that has a chance to find out so much of the real truth about food. We can certainly find out what food does for the body, why we need certain vitamins and minerals, how to get the most nutritive value for our money, how much we need of certain food values to help keep us physically fit. So it is up to us to find out as much as we can about nutrition and pass along the sound scientific facts," Doctor Mitchell explains.

A glance at a few of the current food fads shows how ridiculous they are in the light of scientific nutritional findings. For example, there's the old idea that celery and fish are "brain" foods. Actually no one food can be turned into brain material. A variety of different foods are needed to build and repair all tissues throughout the body.

Then there are the notions that children are expected to believe. The idea that carrots will make a little girl's hair curl, that spinach will make a little boy grow big and strong. Both carrots and spinach are good foods and should be included in the well-rounded diet. But these two vegetables can not perform miracles. Science has not found any relation between diets and curly locks. As for good growth and normal development -- it has been found that children need a good assortment of all the protective foods. And adults, too, need a well-balanced diet to keep the body functioning at its best.

"We eat too many acid foods" is another unfounded idea that many persons believe. So they proceed to cross oranges, tomatoes, and other good foods off their diet -- because they taste acid. Actually these foods and most other fruits and vegetables are base-forming. But there's no need to worry about acid-and base-forming foods if you have a well-rounded diet that includes plenty of milk, eggs, fruits, vegetables, and cereals with some meat, fish, or poultry. Better to focus attention on adequate diets than to fret about acid-forming diets.





Then there's the fancy about the danger of eating acid fruits and milk at the same meal. It is true that the acid fruits may curdle the milk, but the digestive juices of the stomach have the same effect. So it is perfectly safe to eat cherries and drink milk at the same meal, and to use orange juice in a milk drink.

Another false food idea is that you shouldn't eat different kinds of fruits together because there is danger in combining the different acids. Nutritionists explain that there is no possible harm in fruit combinations. Nature even combines different acids within a single fruit.

There are faddists that tell you to eat no cooked foods, and there are faddists that tell you to eat no raw foods. For practical purposes, it's best to hit a happy medium. Fruits and vegetables may lose some food values in the cooking process, so it's a good idea to eat some of them raw.

However, cooking gives food a pleasing variety in texture and flavor, and it is the only way to make some foods suitable for us to eat. If you cook vegetables as short a time as necessary and make use of the cooking water, you cut down the loss of food values.

Some food fads are harmless. But some of them may throw your diet off balance. They may increase your food costs, or they may steer you away from the food values that are really needed.

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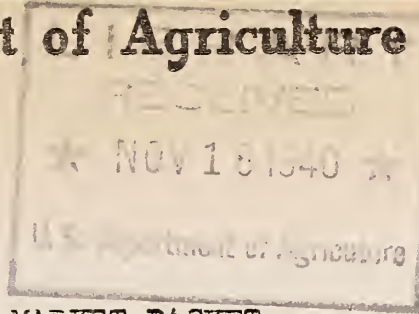




# INFORMATION FOR THE PRESS

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WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FOR "SAFE" DIET  
SPEND FOOD MONEY WISELY

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"You can spend enough money on food to buy a good diet and still suffer from hidden hunger." That is the gist of a recent survey of diets of farm and city families, made by the Bureau of Home Economics, U. S. Department of Agriculture and four other government agencies.

In other words, many a city family is not laying out its food dollars so as to buy health and good nutrition. Many a farm family is not making the most of its land and livestock to feed the family right.

Diet deficiency still is widespread -- and it is not confined to families whose incomes are too low to buy enough of the right kind of food. "Many other families," says Dr. Hazel K. Stiebeling, food economist of the Bureau of Home Economics, "are getting poor diets simply because they are not spending their food dollars wisely."

In grading diets for the survey, Doctor Stiebeling and her co-workers called any diet "unsafe" that did not furnish at least the average amounts of the food values the body needs just to keep it going. This type of diet is unsafe because a person can't count on it to keep him in shape to stand up under ordinary stresses and strains of life -- much less fit him to meet any kind of a crisis.



"An unsafe diet may not put a person to bed," Doctor Stiebeling said, "but it can undermine health.

"Unsafe diets bring in their train such symptoms as chronic fatigue, lethargy, and certain types of digestive disorders. Result of these symptoms may be a person who is constantly 'under par' -- in his resistance to disease and his general well-being."

Judging from the survey, at least one-fourth of the nonrelief farm families in this country are getting diets below the "safety line" part of the year. Fewer than half get diets that rate really good. The situation found in the cities reached by the survey was even poorer.

In one group of farm families, some were getting good diets and some poor diets, though they were in the same income class and were spending about the same amounts at the grocery store. A close-up of these diets showed why. Those with diets rated excellent produced 3 times as much milk for home use, 1 1/2 times as much meat, poultry, and eggs, and almost twice as many vegetables, fruits and other home-grown produce, as did the families with poor or unsafe diets.

The country over, the outstanding difference between good and poor diets lies in the greater amounts of the "protective" foods that the good diets contain. These foods include milk, eggs, green leafy vegetables, tomatoes, and citrus fruits.

These foods are called "protective" because they are rich in certain vitamins and minerals. And they are especially valuable because they supply calcium, and vitamins A and C -- the food factors frequently low in poor diets.

Obviously, from this study, it is well worth any homemaker's time to study food values and their relation to food costs. She can get help from numerous sources -- nutrition experts, authoritative books, and bulletins. One such bulletin, available free from the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C., is "Diets to Fit the Family Income," Farmers' Bulletin 1757.





Given in this bulletin are plans for good diets at four levels of expense. Following is a sample weekly market order given for the diet at a moderate cost for a family of four, made up of father, mother, a 10-year-old boy, and an 8-year-old girl. This diet could be bought in most sections of the country for \$11 to \$13 a week.

Milk -----	21	quarts
Potatoes and sweetpotatoes -----	10	pounds
Tomatoes and citrus fruits -----	7	pounds
Leafy, green, and yellow vegetables-----	8	pounds
Dried vegetables and nuts-----	1	pound
Dried fruits-----	2	pounds
Other vegetables and fruits-----	15	pounds
Eggs-----	14 1/3	dozen
Lean meat, poultry, and fish-----	7	pounds
Flour and cereals-----	11	pounds
Fats -----	3	pounds
Sugars-----	3	pounds
Accessories-----	60	cents worth

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U. S. Department of Agriculture

WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

### APPLES AND PEARS

1.9  
H75M

With the export trade in apples and pears all but cut off, the people of the U. S. will have more than the usual supply of these fruits to eat this fall and winter. Early estimates on the crop are in numbers too large to visualize. Over 115 million bushels of apples will come to market, and more than six million bushels of Pacific Coast winter pears.

Such a report is good news for the family that has the fresh fruit habit. It means starting the day with fruit for breakfast, ending other meals with fruit as the perfect dessert, and eating fruit as a between meal pick-up.

Apples and pears disappear quickly if they are kept where their promise of good eating can tempt the family. Apples -- red, yellow, and russet -- are a delight to the eye. But even more, they're a delight to the taste with their crisp, tangy flesh. Underneath the pale gold or russet of winter pears is the juicy, mild-flavored flesh that makes pears one of the pleasantest of all fruits to eat out of the hand.

Keeping a barrel of apples on hand in the cellar or spring house is an old American custom that dates back to Colonial days. But many families today prefer to have the apples stored commercially, and they buy them in smaller quantities at more frequent intervals.



When you buy apples, you'll find three different types on the market. There's the typical dessert apple, ideal for eating fresh but not so satisfactory for baking and cooking.

Then there are a few varieties that are especially good for baking -- that is, they hold their shape even when they are baked until soft. Tolman Sweet, Stayman, Rome Beauty, and Arkansas or Black Twig are some of the good baking varieties.

For apple sauce and apple pie, you want an apple that will cook tender in a short time. Stayman, York Imperial, Rhode Island Greening, Northwestern Greening, Arkansas Black, Ben Davis, and Stark are commonly used as cooking apples.

Some varieties of apples are obliging enough to fit into all three groups. They are good dessert apples, but can also be used for general cooking purposes. Some of these versatile apples are the Stayman, McIntosh, Grimes Golden, Spitzenburg, Jonathan, Northern Spy, Wealthy, Wagener, and Baldwin.

If you're a discriminating buyer, you'll look for information about the apples on the box in which they are packed. Most of them are marked to show the grade, the variety, and the number or size. Apples grown in the Northwest are usually packed as Extra Fancy or Fancy, but there is also a C grade and a combination grade. Apples from other sections are usually graded according to United States standards, usually U. S. No. 1.

Winter pears are gaining popularity in domestic markets, though many consumers do not understand that these pears need special treatment for ripening. Winter pears are often sold while they are still green and hard. Although the green pears are suitable for cooking and baking, at that stage they are not ready to eat fresh. However, if you leave the pears at room temperature, they ripen and become delicious for eating raw. The pears usually turn yellow when ripe --





but not always. The best way to test for ripeness is to press them gently at the stem end. When the flesh yields, like a ripe peach, it is ready to eat.

After the pears are ripe, they will keep for only two or three days. But you can slow down over-ripening by putting them in the refrigerator or other cool place. When you buy pears they are usually wrapped in a specially treated paper that has printed directions telling you just how to handle the fruit.

The Anjou, best known of the winter pears, is in season from September through March. It is a fairly large fruit with a short neck. The squatty Comice is a sweet pear that is rapidly increasing in popularity. The long-necked Bosc and the russet colored Nelis are two other popular fall and winter pears.

Though both apples and pears stand on their own merits for eating raw, the skillful cook uses them in many ways.

If you're having an oven dinner, for example, baked apples or baked pears are an excellent choice for dessert or as a meat accompaniment. The usual method is to scoop out the core, leaving the blossom end unbroken. Then fill the cavity with sugar and butter. Add just enough water to keep the fruit from sticking, and cover the dish. Bake in a hot oven until the fruit is soft. Serve plain, with cream, or with ice cream, for an extra festive touch. For variety use nuts, raisins, brown sugar, or cinnamon in the centers. If the pears are large, you may prefer to peel and cut them in half before baking. A spoonful of orange marmalade or jelly in the core cavity gives a good flavor and adds color to the dish.

Scalloped apples and sweetpotatoes are another happy combination. In a baking dish arrange sliced apples in alternate layers with cooked sweetpotatoes. Add sugar, fat, and salt to season and a little water, and bake 30 to 45 minutes. If there's roast pork on the menu the trilogy will be complete.

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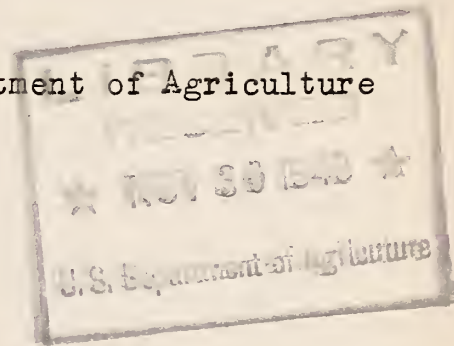
WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

### CHECK YOUR DIET TODAY



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H75-M

4-H members spell HEALTH in capital letters, and these boys and girls try to be their "own best exhibit" of good health and growth.

Miriam Birdseye, extension nutritionist in the U. S. Department of Agriculture, is one of the persons responsible for the health program of 4-H clubs throughout the country. She says, "Boys and girls between 10 and 15 or 16 years grow by leaps and bounds. That's why food and health habits are so important to 4-H club members. Good growth for boys and girls of this age makes for strength, endurance, and poise. It may help to overcome defects developed during earlier years. Good growth at this time makes the boys and girls better club members — helps them to work harder, play harder, lead happier lives."

These young people work on an all-around health program. Posture, exercise, fresh air, and sleep are all essential. Besides these there is the very important point of good nutrition. Growing boys and girls must have the right foods to have good growth.

The club member who has fed and cared for a calf or a flock of chickens does not need a nutrition book to understand that the right food makes for a strong, healthy body and an attractive appearance. What he needs is some guide to show him which foods make up a good diet for a young, growing person.





"No one expects boys and girls of this age to understand the whole field of nutrition," Miss Birdseye explains. "Instead they learn about the protective foods, the foods that are most important to health and growth."

Early in the club year the boys and girls check their own diets against a list of the protective foods. Then they can tell whether they are getting all of the necessary foods and learn where their diets need improvement.

Here is the list of protective foods emphasized in 4-H club work, and suitable as a guide to a good daily diet for any growing boy or girl:

MILK .....1-1/2 pints to 1 qt.

BUTTER .....1 to 3 servings

FRUITS AND VEGETABLES .....4 to 5 servings  
(Interchangeable to some extent)

A good balance is:

1 serving potato

1 serving citrus fruit, tomatoes, or raw cabbage

1 serving green or yellow colored vegetable

2 additional servings -- fruits or vegetables  
(emphasize green or yellow kinds)

WHOLE-GRAIN BREAD OR CEREALS.....1 to 2 servings

EGGS, MEAT, FISH, CHEESE, DRIED BEANS, OR PEAS .....2 servings

TOTAL LIQUIDS (WATER, MILK, SOUP, BEVERAGES).....2 quarts or more

\* \* \* \* \*

COD-LIVER OIL .....1 teaspoon

(A fine supplement in winter or when  
you can not afford plenty of whole  
milk, butter, eggs, and green-colored  
vegetables.)

After the need for these protective foods is taken care of, Miss Birdseye suggests that the boys and girls eat additional bread and cereals as well as some sweets and fats. These foods give them the energy materials needed for work and play.



THE FIRST PART OF THE HISTORY OF THE

REIGN OF KING CHARLES THE FIRST

IN THE YEAR 1625

BY JOHN BURNET

OF THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

LONDON

Printed by J. Streater, at the Sign of the Gun, in St. Dunstons Church-yard

1704

THE SECOND PART OF THE HISTORY OF THE

REIGN OF KING CHARLES THE FIRST

IN THE YEAR 1625

BY JOHN BURNET

OF THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

LONDON

Printed by J. Streater, at the Sign of the Gun, in St. Dunstons Church-yard

1704

THE THIRD PART OF THE HISTORY OF THE

REIGN OF KING CHARLES THE FIRST

IN THE YEAR 1625

BY JOHN BURNET

OF THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

LONDON

Printed by J. Streater, at the Sign of the Gun, in St. Dunstons Church-yard

"Begin the day with a good breakfast including fruit, milk, cereal, and an egg if possible. Even the first meal of the day must have its quota of the protective foods. Sweets belong only at the end of a meal. If you are really hungry between meals drink milk, eat fruit, or plain bread and butter," Miss Birdseye advises.

This daily food guide is conveniently elastic to fit different cases. There's a range in the number of servings suggested because different families have different amounts of money to spend for food. The smaller number of servings of milk, fruits, and vegetables is the least you can afford to use, and still insure good health and growth. The larger number of servings is a much better standard if you can manage to get them.

Boys and girls who use this list of protective foods as a guide, often find that their diets have not been measuring up to a good standard. In many cases they solve the problem by planning for a better garden and canning program from which the entire family benefits.

This diet guide was planned for club work on health. Boy Scouts, Girl Scouts, Campfire Girls, and other clubs besides the 4-H have found it helpful. But it is just as useful for young people who do not belong to such groups, for the problem of a good diet during the growing years is the problem of every boy and girl.

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